

Birth Plan Worksheet

ATTENDANTS AND AMENITIES

I'd like the following people to be present during labor and/or birth:

- Partner:
- Designated Attendant (Friends, relatives):
- Doula:
- Children:

I'd also like:

- To bring music
- To dim the lights
- To wear my own clothes during labor and delivery
- To take pictures and/or film during labor and delivery

LABOR

- I'd like the option of returning home if I'm not in active labor.

Once I'm admitted, I'd like:

- My partner/designated attendant to be allowed to stay with me at all times
- Only my practitioner, nurse, corpsman and guests present (i.e., no residents or medical students)
- To wear my contact lenses, as long as I don't need a c-section
- To eat if I wish to as long as it is remote from delivery
- To stay hydrated by drinking clear fluids during the first stage of labor.
- To have a heparin or saline lock
- To walk and move around as I choose
- To be allowed to try nipple stimulation to induce contractions before pitocin is begun.
- To keep vaginal exams to a minimum.

As long as the baby and I are doing fine and staffing permits, I'd like:

- To have intermittent rather than continuous electronic fetal monitoring
- To be allowed to progress free of stringent time limits

If they're available, I'd like to try:

- A birthing mirror

- A birthing chair
- A squatting bar
- A birthing ball

I'd like to bring the following equipment with me:

- Birthing stool
- Beanbag chair
- Other:

When it's time to push, I'd like to:

- Do so instinctively
- Be coached on when to push and for how long

I'd like to try the following positions for pushing (and birth):

- Semi-reclining
- Side-lying position
- Squatting
- Hands and knees
- Whatever feels right at the time
- As long as my baby and I are doing fine, I'd like the pushing stage to be allowed to progress free of stringent time limits
- I would like to avoid episiotomy unless it is required for baby's safe delivery.
- I would like my husband and/or family members to support my legs during the pushing stage.

PAIN RELIEF

I'd like to try the following pain-management techniques:

- Breathing techniques/distraction
- Hot/cold therapy
- Self-hypnosis
- Massage
- Medication

- Please don't offer me pain medication. I'll request it if I need it.

If I decide I want medicinal pain relief, I'd prefer:

- Regional analgesia (an epidural and/or spinal block)

- Systemic medication

VAGINAL BIRTH

I'd like:

- To view the birth using a mirror
- To touch my baby's head as it crowns
- The room to be as quiet as possible
- To risk a tear rather than have an episiotomy

After birth, I'd like:

- I would like to have my baby placed on my stomach to dry as long as the baby is doing well.
- To hold my baby right away, putting off any procedures that aren't urgent
- To breastfeed as soon as possible
- To wait until the umbilical cord stops pulsating before it's clamped and cut
- My partner/designated attendant to cut the umbilical cord

C-SECTION

If I have a c-section, I'd like:

- My partner/designated attendant present at all times during the operation
- The screen lowered a bit so I can see my baby coming out
- The baby given to my partner/designated attendant as soon as he's dried (as long as he's in good health)
- To breastfeed my baby in the recovery room

POSTPARTUM

After delivery, I'd like:

- All routine newborn procedures to take place in my presence
- My partner/designated attendant to stay with the baby at all times if I can't be there

I plan to:

- Breastfeed exclusively
- Combine breastfeeding and formula-feeding
- Formula-feed exclusively

The following can be offered to my baby:

- Formula
- Sugar water (for comfort during circumscicion)
- Pacifier (if I bring from home)
- Please don't offer anything to my baby without my knowledge

I'd like to feed my baby:

- On demand
- On a schedule

If my baby's a boy:

- I'd like him circumcised at the hospital.
- I don't want him circumcised.

- I'd like my other child(ren) brought in to see me and meet the new baby as soon as possible after the birth.

Photos:

- I would like to take photos and make a video recording of lab and/or the birth.

Other: